

## Day 1 – Tuesday 25<sup>th</sup> March 2008

| Session 1 – Heats       |            |           |
|-------------------------|------------|-----------|
| Warm-up 4.00pm - 5.30pm |            | Start 6pm |
| 1                       | 400 IM     | M         |
| 2                       | 100 Fly    | W         |
| 3                       | 400 Free   | M         |
| 4                       | 400 IM     | W         |
| 5                       | 100 Breast | M         |
| 7                       | 50 Back    | W         |
| 8                       | 50 Fly     | M         |

## Day 2 – Wednesday 26<sup>th</sup> March 2008

| Session 2 – Finals      |                             |                           |   | Session 3 – Heats       |            |           |
|-------------------------|-----------------------------|---------------------------|---|-------------------------|------------|-----------|
| Warm-up 8.00am - 9.45am |                             | Start 10am                |   | Warm-up 4.00pm - 5.45pm |            | Start 6pm |
| 1                       | 400 IM                      | M                         | 9 | 100 Back                | W          |           |
| 2                       | 100 Fly                     | W                         |   |                         |            |           |
| Victory ceremony        | 1                           | 400 IM                    | M | 10                      | 200 Free   | M         |
| 3                       | 400 Free                    | M                         |   |                         |            |           |
| Victory ceremony        | 2                           | 100 Fly                   | W | 11                      | 100 Breast | W         |
| 4                       | 400 IM                      | W                         |   |                         |            |           |
| Victory ceremony        | 3                           | 400 Free                  | M | 12                      | 100 Back   | M         |
| 5                       | 100 Breast                  | M                         |   |                         |            |           |
| Victory ceremony        | 4                           | 400 IM                    | W | 13                      | 400 Free   | W         |
| 6                       | 4 x 100 Free Regional Relay | W                         |   |                         |            |           |
| Victory ceremony        | 5                           | 100 Breast                | M | 14                      | 1500 Free  | M         |
| 8                       | 50 Fly                      | M                         |   |                         |            |           |
| Victory ceremony        | 6                           | 4x100 Free Regional Relay | W | 16                      | 50 Fly     | W         |
| 7                       | 50 Back                     | W                         |   |                         |            |           |
| Victory Ceremony        | 8                           | 50 Fly                    | M | 17                      | 50 Breast  | M         |
| Victory ceremony        | 7                           | 50 Back                   | W |                         |            |           |

## Day 3 – Thursday 27<sup>th</sup> March 2008

| Session 4 – Finals                 |                             |                           |   | Session 5 – Heats                 |            |   |
|------------------------------------|-----------------------------|---------------------------|---|-----------------------------------|------------|---|
| Warm-up 8.00am - 9.45am Start 10am |                             |                           |   | Warm-up 4.00pm - 5.45pm Start 6pm |            |   |
| 9                                  | 100 Back                    |                           | W | 18                                | 200 Free   | W |
| 10                                 | 200 Free                    |                           | M |                                   |            |   |
| Victory ceremony                   | 9                           | 100 Back                  | W | 19                                | 200 Fly    | M |
| 11                                 | 100 Breast                  |                           | W |                                   |            |   |
| Victory ceremony                   | 10                          | 200 Free                  | M | 20                                | 200 IM     | W |
| 12                                 | 100 Back                    |                           | M |                                   |            |   |
| Victory ceremony                   | 11                          | 100 Breast                | W | 21                                | 100 Free   | M |
| 13                                 | 400 Free                    |                           | W |                                   |            |   |
| Victory ceremony                   | 12                          | 100 Back                  | M | 22                                | 200 Fly    | W |
| 15                                 | 4 x 100 Free Regional Relay |                           | M |                                   |            |   |
| Victory ceremony                   | 13                          | 400 Free                  | W | 23                                | 200 Breast | M |
| 16                                 | 50 Fly                      |                           | W |                                   |            |   |
| Victory ceremony                   | 15                          | 4x100 Free Regional Relay | M | 25                                | 50 Breast  | W |
| 17                                 | 50 Breast                   |                           | M |                                   |            |   |
| Victory Ceremony                   | 16                          | 50 Fly                    | W | 26                                | 50 Back    | M |
| Victory ceremony                   | 17                          | 50 Breast                 | M |                                   |            |   |

## Day 4 – Friday 28<sup>th</sup> March 2008

| Session 6 – Finals                 |                           |                           |   | Session 7 – Heats                 |            |   |
|------------------------------------|---------------------------|---------------------------|---|-----------------------------------|------------|---|
| Warm-up 8.00am - 9.45am Start 10am |                           |                           |   | Warm-up 4.00pm - 5.45pm Start 6pm |            |   |
| 14                                 | 1500 Free                 |                           | M | 27                                | 50 Free    | M |
| 18                                 | 200 Free                  |                           | W |                                   |            |   |
| Victory ceremony                   | 14                        | 1500 Free                 | M | 28                                | 100 Free   | W |
| 19                                 | 200 Fly                   |                           | M |                                   |            |   |
| Victory ceremony                   | 18                        | 200 Free                  | W | 29                                | 200 Back   | M |
| 20                                 | 200 IM                    |                           | W |                                   |            |   |
| Victory ceremony                   | 19                        | 200 Fly                   | M | 30                                | 200 Breast | W |
| 21                                 | 100 Free                  |                           | M |                                   |            |   |
| Victory ceremony                   | 20                        | 200 IM                    | W | 31                                | 200 IM     | M |
| 22                                 | 200 Fly                   |                           | W |                                   |            |   |
| Victory ceremony                   | 21                        | 100 Free                  | M | 32                                | 800 Free   | W |
| 23                                 | 200 Breast                |                           | M |                                   |            |   |
| Victory ceremony                   | 22                        | 200 Fly                   | W |                                   |            |   |
| 24                                 | 4x200 Free Regional Relay |                           | M |                                   |            |   |
| Victory Ceremony                   | 23                        | 200 Breast                | M |                                   |            |   |
| 25                                 | 50 Breast                 |                           | W |                                   |            |   |
| Victory ceremony                   | 24                        | 4x200 Free Regional Relay | M |                                   |            |   |
| 26                                 | 50 Back                   |                           | M |                                   |            |   |
| Victory Ceremony                   | 25                        | 50 Breast                 | W |                                   |            |   |
| Victory Ceremony                   | 26                        | 50 Back                   | M |                                   |            |   |

## Day 5 – Saturday 29<sup>th</sup> March 2008

| Session 8 – Finals                 |                           |                           |   | Session 9 – Heats                 |          |   |
|------------------------------------|---------------------------|---------------------------|---|-----------------------------------|----------|---|
| Warm-up 8.00am - 9.45am Start 10am |                           |                           |   | Warm-up 4.00pm - 5.45pm Start 6pm |          |   |
| 27                                 | 50 Free                   |                           | M | 34                                | 50 Free  | W |
| 28                                 | 100 Free                  |                           | W |                                   |          |   |
| Victory ceremony                   | 27                        | 50 Free                   | M | 35                                | 100 Fly  | M |
| 29                                 | 200 Back                  |                           | M |                                   |          |   |
| Victory ceremony                   | 28                        | 100 Free                  | W | 36                                | 200 Back | W |
| 30                                 | 200 Breast                |                           | W |                                   |          |   |
| Victory ceremony                   | 29                        | 200 Back                  | M |                                   |          |   |
| 31                                 | 200 IM                    |                           | M |                                   |          |   |
| Victory ceremony                   | 30                        | 200 Breast                | W |                                   |          |   |
| 33                                 | 4x200 Free Regional Relay |                           | W |                                   |          |   |
| Victory ceremony                   | 31                        | 200 IM                    | M |                                   |          |   |
| Victory ceremony                   | 33                        | 4x200 Free Regional Relay | W |                                   |          |   |

## Day 6 – Sunday 30<sup>th</sup> March 2008

| Session 10 – Finals                |                             |                             |   |
|------------------------------------|-----------------------------|-----------------------------|---|
| Warm-up 8.00am - 9.45am Start 10am |                             |                             |   |
| 34                                 | 50 Free                     |                             | W |
| 35                                 | 100 Fly                     |                             | M |
| Victory ceremony                   | 34                          | 50 Free                     | W |
| 36                                 | 200 Back                    |                             | W |
| Victory ceremony                   | 35                          | 100 Fly                     | M |
| 32                                 | 800 Free                    |                             | W |
| Victory ceremony                   | 36                          | 200 Back                    | W |
| 37                                 | 4x100 Medley Regional Relay |                             | W |
| Victory ceremony                   | 32                          | 800 Free                    | W |
| 38                                 | 4x100 Medley Regional Relay |                             | M |
| Victory ceremony                   | 37                          | 4x100 Medley Regional Relay | W |
| Victory ceremony                   | 38                          | 4x100 Medley Regional Relay | M |